

Shrewsbury Parks & Recreation

*Spring
Registration
Saturday
March 5th
8-10AM at
Parks & Rec*



*Flower Show
tickets on
sale now!*

*Summer
Registration
Saturday
May 14th at
Parks & Rec*

2005

Spring Brochure

*Registration Continues weekdays
M-F 8AM-12PM & 1-4:30PM*

Department Staff

Angela Snell, C.P.R.P. Director

Gary Grindle, Recreation Supervisor

Jean Giles, Senior Account Clerk

Doug Schoenfeldt, Park Foreman

Visit us on the web at www.shrewsbury-ma.gov



Shrewsbury Parks & Recreation Spring 2005

Policies

Registration & Program Information

Programs have enrollment limits, and sign-ups are accepted on a strict first-come basis. Registrations are non-transferable. Registration forms must be signed by a parent. A registration will not be accepted without a properly completed form. All registrations are subject to review for eligibility. **Programs are for residents unless otherwise noted with a non-resident fee, in which registrations will be accepted starting March 11th.** **Seniors-60 and older, Adults-18 and older**

Proxy Registrations

A person may submit another's registration form, provided the form is properly completed, signed and accompanied by the correct fee. (Wait until availability is confirmed before filling in their check). The Proxy limit is one per submitted (in addition to your own), unless otherwise noted.

Refund Policy

Refunds are not allowed unless we receive written notification prior to the class starting and we are able to fill your space with someone from the waiting list. Refunds that are granted will be charged a \$5 administrative fee for programs less than \$50 and a \$10 administrative fee for programs \$50 or more. Otherwise refunds will not be allowed unless the program is canceled by the department.

Cancellation Policy

Programs may be canceled due to lack of enrollment, inclement weather and holidays. We also reserve the right to cancel any registration due to misprints or human error.

Cancellation Hotline

Contact 841-8336 for any cancellations due to inclement weather. (approximately 1 hour before the class starts)

Age & Grade Requirements for Programs

All programs are to follow the set grade or age limit that is specified in the brochure. The age limit required corresponds to the date of the first class. The grade limit required corresponds to the child's current grade level.

Switching of Classes

Participants will not be allowed to switch or to change to different nights for any program.

Photo Policy....Smile

The recreation department and/or press will take pictures & video on occasion of participants for publicity purposes and for local cable. If you do not want to have you or your child photographed, please let us know on the registration form.

Advertisements

Programs and special events will be shown on Channel 35 and in the local newspapers.

Office Hours

Monday through Friday 8AM-Noon & 1-4:30PM

Valuables

The parks & recreation department is not responsible for any lost or stolen items. Valuables, in particular should not be brought to any program.

Code of Conduct

We ask all participants to respect the staff, other participants, age requirements, and the equipment. Please refrain from causing bodily harm to others and from using foul language. Additional rules will be announced at each program. If a participant fails to cooperate with the rules, the department reserves the right to dismiss or suspend a participant with no money refunded. Each situation will be evaluated by the director.

Parks & Recreation

Please contact us at 508-841-8503 with any questions.

Shrewsbury Special Needs Program

We offer Special Olympics training and social activities for students ages 8 and older.

Special Olympics Track & Field

Open to ages 8 and older. Practices held on Sundays. Registration forms will be available at the office in March.

For a schedule of events please visit:

www.shrewsbury-ma.gov/parkrec/special.asp

Tennis Permit

On-Line Registration Available!!!!

Permits reserving 90-minute play periods at Dean Park or Jordon Pond are available to Shrewsbury residents from the department office or on-line beginning on April 1st. A player may have no more than 2 current permits and may hold no more than one permit for play in a given day. Permits may be obtained for up to seven days in advance. Night play during the week is until 9:30PM and 10PM on weekends at Dean Park only, from early May to late September. A season fee of \$25.00 is charged for personal tennis permit privileges. Residents may use tennis courts without permits on a space-available basis free of charge, but must yield to a permit holder. Tennis applications are available in our office.
Activity Code: # 146010-A Fee: \$25.00

Save the Date

Summer Registration-May 14th

**Summer registration will now
take place at Town Hall**

Shrewsbury Parks & Recreation Spring 2005

Contacts for Local Sport Programs 2005

<u>Babe Ruth Baseball</u>	Bob Cusson 842-4161 Don Green 845-5071
<u>Little League Baseball</u>	www.shrewsburylittleleague.com
<u>LL Girl's Softball</u>	www.shrewsburylittleleague.com
<u>Pop Warner Football</u>	www.shrewsburyyouthfootball.com
<u>Youth Hockey</u>	www.syha.net
<u>Youth Soccer</u>	www.shrewsburyyouthsoccer.org
<u>Girl Scouts</u>	Sheila Parnell 756-8811
<u>ORA (rowing)</u>	www.gra.org
<u>Ice Skating</u>	Facility Management 781-871-7681
<u>SCDC</u>	www.scdc.info
<u>Girls Youth Lacrosse</u>	www.townisp.com/~sgylax

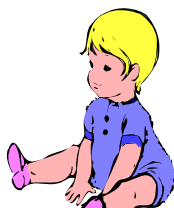
Seasonal Recreational Employment

Job postings for summer positions will be available on March 9th at the parks & recreation department. All applicants need to be at least 16 years of age by May 1st. Applications will be reviewed in April/May. On the web at:
www.shrewsbury-ma.gov/parksrec/index.asp

Youth & Teen

ARC Babysitter's Training Course

Our American Red Cross Babysitter's Training Course will provide 6-8th grade students with training in leadership, safety and safe play, basic care, first aid and professionalism. The course information gives students the basic skills necessary to provide safe and responsible care for children in the absence of parents or guardians. The course is being offered through a partnership with the Shrewsbury Child Development Committee and Shrewsbury Parks and Recreation Department.



# 142250-A	Time: 6:15-8:30PM	Grade: 6-8 th
Day: Tuesday	Loc: Sherwood Middle Room 137	
Dates: 3/22-4/12 (4 classes)	Res: \$40	

# 142250-B	Time: 6:15-8:30PM	Grade: 6-8 th
Day: Wednesday	Loc: Sherwood Middle Room 137	
Dates: 3/23-4/13 (4 classes)	Res: \$40	

Mixed Media

Explore the many possibilities in art while trying a variety of projects to develop your skills in drawing, color-mixing, and self-expression. We will look at the work of well known artists to gain inspiration and knowledge.



# 142120-D	Dates: 3/29-5/24 (no 4/19)
Res: \$40 (8 weeks)	Time: 4:30-6:30pm
Day: Tuesday	Grades: 3 rd -6 th
Instructor: Jenn Swan	Location: Ray Stone Post

TAE KWON DO (Beginners)

TAE KWON DO is a great form of exercise, develops self-confidence, teaches self-defense training and self discipline. A uniform is included with the program for new participants. Program is designed for beginners who have not taken TAE KWON DO before. Students will have the option of joining the **US TAE KWON DO Center Academy (Rte 9, next to Town Fair Tire)** after completion of this program.



# 142290-A	Fee: \$60 (10 classes)
Dates: 3/29-5/6 (no 4/19, 4/22)	Time: 5:50-6:35PM
Day: Tuesday & Friday	Ages: 5 and up

# 142290-B	Time: 9-9:45AM
Fee: \$40 (6 classes)	Dates: 3/19-4/30 (4/23)
Day: Saturday	Ages: 5 and up

# 142290-C	Time: 10-10:45AM
Fee: \$40 (6 classes)	Dates: 3/19-4/30 (4/23)
Day: Saturday	Ages: 5 and up



Teen Karate

A great program to help improve self-confidence, self-defense and self discipline for teenagers!

# 142290-D	Time: 6:40-7:25PM
Fee: \$40 (6 classes)	Dates: 4/1-5/13 (4/22)
Day: Friday	Ages: 12 and up

Beginner Teen Tennis Lessons

A beginner is one who is brand new to the sport, or who is relatively new and not yet playing in an actual game situation. Students will provide their own racquets for class. Balls are provided.

Instructor: Dan Kelly

# 142010-A	Grades: 8-12 th
Loc: Dean Park	Fee: \$30
Day: Tuesday	Time: 6:30-7:30PM
Dates: 4/26-5/24 (5 weeks)	



Youth Golf Lessons (beginners)

#142220-A	Time: 3:45-5PM
Ages: 7-10	Dates: 5/19-6/16
Fee: \$69	Day: Thursday

Location: Indian Meadow Country Club. The class will focus on putting, chipping, pitching, full swing irons and woods. **Please contact Dick Naas with any questions at 508-836-2668.** Club availability is limited, call Dick to reserve.



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Basic Fishing

This class will teach children the fundamentals of fishing. Children will learn about the different types of lures, bait and fishing techniques.

142240-A Fee: Free

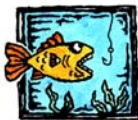
Time: 7-9PM Dates: 4/4-5/2 (no 4/18)

Location: Spring St. School Cafeteria

Ages: 6 and up with parent

Day: Monday

The class will meet once at Jordon Pond for fishing TBA



Claytime Pottery

Each week the children will have the opportunity to paint an unfinished piece of pottery that will be then glazed and fired in a kiln. During each session there will be Claytime staff available to provide instruction on a variety of different painting techniques. All of the dinnerware painted will be food safe once it's glazed and fired.

Location: Claytime Studio (Rte 9 in Shrewsbury, next to Dunkin Donuts) Grades: 1st-4th



# 142120-A	Res: \$44	Time: 5:30-6:30PM
Dates: 3/23-4/13 (4 weeks)		Day: Wednesday

# 142120-B	Res: \$44	Time: 5:30-6:30PM
Dates: 3/24-4/14 (4 weeks)		Day: Thursday

Special Needs Bowling

This program will help children learn the fundamentals of bowling. They will also socialize, meet new friends and help develop motor skills. All bowling fees and shoes will be included in the price. (8 weeks)

145180-A Res: \$15

Dates: 3/29-5/24 (no 4/19) Time: 4:30-5:30PM

Day: Tuesdays Location: Town & Country Bowl

Grades: 1-6th Special Needs Students



Registration Now Being Accepted!!!!

Downloadable Forms are available on the Town Web Site or in the office

Learn to Skate

Each class consists of a 25 minute lesson featuring a 10:1 skater to instructor ratio. Week day classes include an optional 25 minute unsupervised practice. Sunday classes include free admission to the public skate session immediately following the lesson. Forms are available in the office and include times, days and prices. For ages 6-12 at Buffone Arena (Worcester).

Basic Hockey "Skills & Drills"

This program is an excellent introduction for children 6 years and older who want to learn the basic skills necessary to enter into a youth hockey program. Equipment needed includes hockey helmet and gloves. Forms are available in the office and include times, days and prices. For ages 6-12 at Buffone Arena (Worcester).

Young Children

Gymnastics

A gym activity program for children ages 4 and 5. Each class is 45 minutes in length and is designed to introduce basic gymnastic skills and stimulate gross motor skill development. The use of special preschool equipment, in addition to the safe use of all gymnastics equipment, develops and refines motor skills, coordination and self confidence.



141150-A Time: 11:15AM-Noon
Fee: \$40 Dates: 4/4-5/23 (no 4/18)

Day: Monday

Ages: 4 & 5

Location: Mass Gymnastic Center, Rte 9 in Westboro

141150-B Time: 2-2:45PM

Fee: \$40 Dates: 4/7-5/26 (no 4/21)

Day: Thursday

Ages: 4 & 5

Location: Mass Gymnastic Center, Rte 9 in Westboro

Crawl, Wobble & Walk

This Bounce Fitness infant movement class is for parents to participate and play in a somewhat structured gym class. We will sing songs, play with the parachute, and climb obstacle courses. (Parents must participate). Location Bounce Fitness, 3 Tennis Drive (off Walnut Street) Located within Mass Health and Fitness.

141040-G

Time: 9:45-10:30AM

Fee: \$40

Dates: 4/2-4/30 (no 4/23)

Day: Saturday

Ages: 6-18 months



Tiny Bubbles *NEW*

A Mommy & Me Claytime program

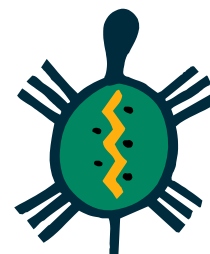
The child & parent will have the opportunity to design and work with age appropriate projects. Each project will allow the child to become creative in a safe and fun atmosphere. All pottery projects will be glazed and fired in a kiln.

Location: Claytime Studio (Rte 9 in Shrewsbury, next to Dunkin Donuts)

142120-C Ages: 2-4
(with parent)

Res: \$44 Time: 10-11AM

Dates: 3/21-4/25 (no 3/28 & 4/18) Day: Monday



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All By Myself

Your child will have fun participating in circle time with books and discussions, small and large motor activities, art projects, cooperative play and age appropriate lessons. Through structured play and discovery learning, your child will have the opportunity to increase their social development, self-esteem and independence. Each week, the activities will vary and be based on a theme. Child must **be at least 3, but no older than 5 at the start of the first class** and can only attend one day per session. **Children must also be potty trained.** **Loc:** Ray Stone Post **Ages:** 3-5



Res: \$65 (8 weeks) **Instructor:** Ann Morrissey
141040-A **Day:** Wed. **Time:** 10:45AM-12:30PM
141040-B **Day:** Thurs. **Time:** 10:45AM-12:30PM
141040-C **Day:** Fri. **Time:** 10:45AM-12:30PM
Wednesday dates: 4/6-6/1 (no 4/20)
Thursday dates: 4/7-6/2 (no 4/21)
Friday dates: 4/8-6/3 (no 4/22)

Just You & Me

This class is designed to give you the opportunity to spend quality time with your toddler and have fun, too. Together you will play games, sing songs, do crafts, and more. Each week, the activities will vary and be based on a theme. Parent or adult must be able to stay with child at all times and participate. Child must **be at least 2 and no older than 3 at the start of the first class.** (one class per child)



Instructor: Ann Morrissey **Ages:** 2 & 3 (with parent)
Res: \$40 per child (8 weeks) **Loc:** Ray Stone Post
(Parking at Upper Dean Park lot, by pond, Main Street)
141040-E **Day:** Thursday **Time:** 9:45-10:30AM
141040-F **Day:** Friday **Time:** 9:45-10:30AM
Thursday dates: 4/7-6/2 (no 4/21)
Friday dates: 4/8-6/3 (no 4/22)

Sign-up now!!!

Registration Forms are available in the office,
downloadable off our web site and include
times, days and prices.

For ages 2.5-5
At Buffone Arena (Worcester)

Tiny Blades Skating

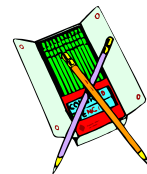
Each class consists of a 30-minutes lesson where skaters learn the basic skills necessary to enjoy recreational ice skating or enter into a youth hockey or figure skating program in the near future.

Tykes Hockey

Each class consists of a 25 minutes lesson where skaters learn the fundamentals of skating required to play hockey in the future.

Preschool Kids Crafts

This class encourages parent and child interaction in a creative and challenging environment for the child, along with social involvement with other preschool children. Classes give children the opportunity to use paints and glue, while designing art projects.



Ages: 2-4 (with parent) **Location:** Ray Stone Post
141120-A **Time:** 9-9:45AM **Res:** \$40
Dates: 3/23-5/4 (no 4/20) **Day:** Wednesday

Senior Programs

Seniors can register anytime

Senior TAI CHI & CHI GONG

Improve your balance and memory combining simple movements with deep breathing.

144070-B **Time:** 4-4:45PM
Fee: \$13 (8 classes) **Dates:** 3/29-5/24 (4/19)
Day: Tuesday **Location:** Senior Center
Ages: Seniors **Instructor:** Laurie Demers

Senior TV *NEW*

Have you ever wanted to be a television producer or a TV star? Well here's your chance to learn all about cable TV production. In this class you will learn the basics of camcorder use, Studio work, and how to produce a TV show. All projects will air on local TV at the end of the class. Instructor will be Maria Sheehan, Government Access coordinator. **Activity:** 144141-A
Location: 15A Parker Road (Cable Studio)
Dates: April 6, 13, 20, 27 **Fee:** \$10
Day: Wednesdays **Time:** 10AM-12 noon

Senior Line Dance

Line dance to music from the 40's, 50's and 60's. A variety of dance moves like the grapevine, hustle, hitch and Charleston will be used. (8 classes)

144140-A **Time:** 10-11AM
Dates: 3/22-5/10 **Fee:** \$13
Day: Tuesday **Loc:** Senior Center
Ages: Seniors **Instructor:** Joe Czarnecki

Senior Recreational Bowling

Come and join the Senior Bowling League at the Town & Country Bowling Alley. This recreational league provides exercise and an enjoyable atmosphere. Weekly fee is \$7.50, which includes 3 games, donuts and coffee

Time: 1PM
Dates: Ongoing
Fee: \$7.50 (weekly)
Day: Tuesday **Ages:** Seniors
Loc: Town & Country Bowl (corner of RT 9 & Oak St)

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Senior Fitness & Nutrition

Exercise, and learn about improving your overall health by building strength, flexibility and eating healthy.

144050-A

Time: 9:30-10:30AM

Fee: \$20 **Day:** Wednesday

Ages: Seniors **Dates:** 3/23-5/11

Location: Senior Center

Instructor: Karen McKenzie



Senior Painting Medium of Choice

This class will allow participants to become creative while using a variety of different painting methods with acrylic and water base paints. The class will also focus on drawing techniques. All abilities welcome. Materials are included.

144120-C **Time:** 10AM-12PM

Res: \$25 **Non-Res:** \$30

Day: Thursday **Ages:** Seniors

Dates: 4/7-6/2 (no 4/21)

Location: Senior Center Art Room

Instructor: Jenn Swan



Special Events & Trips

Flower Show

One of Boston's best-loved and most enduring tradition, the New England Spring Flower Show (located at the Bayside Expo Center) offers a garden wonderland-all the color and warmth of springtime, perfectly timed for the waning days of winter. Price includes ticket and bus. Limited tickets! The bus will leave Town Hall on Saturday March 12th at 9AM and return at 4PM.

Fee: \$25 **Non-Res:** \$30 **Activity #** 143190-B



Boston on your own

A great day to enjoy the spring weather while exploring Boston and of course shopping at Filene's Basement. Drop off and pick-up is in the vicinity of Quincy Market. The bus will leave Town Hall on Saturday April 30th at 9AM and leave Boston at 4PM.

Fee: \$12 **Non-Res:** \$17 **Act:** 143190-A



Kid's Equipment Day

Come see the town's big trucks up close on Saturday May 21st from 9AM-1PM at the Municipal Garage located on South Street. Event is rain or shine!



April Fool's Day EGGtravaganza



Come out and join us for this fun and exciting event for children ages 4-10. Children will have the opportunity to search the bunny patch using a flash light for a

special egg. MC Bunny will make a special appearance for pictures and to hand out candy. Parents must accompany their children. Please bring a flash light.

146230-A

Time: 7PM

Ages: 4-10

Dates: 4/1

Fee: \$3

Day: Friday

Loc: Sherwood Middle School Field

Children must register; a limit number of spots are available.



Adults Programs

Tai Chi & Chi Gong

The Tai Chi form is a method whereby a person can practice the maneuvers used in self-defense in order to develop internal power and external flexibility. Daily Tai Chi practice will enhance the quality of life. **Ages:** Adults

Simplified 24 form (learn the form in 8 weeks!)

Beginners

143070-A **Time:** 5:45-6:30PM

Dates: 3/30-5/25 (no 4/20) (8 classes)

Res: \$28 **Non-Res:** \$33 **Loc:** Beal School

Day: Wednesday

Instructor: Laurie Demers

Intermediate

143070-B **Time:** 6:30-7:15PM

Dates: 3/30-5/25 (no 4/20) (8 classes)

Res: \$28 **Non-Res:** \$33 **Loc:** Beal School

Day: Wednesday

Instructor: Laurie Demers



Men's Softball League

Join us for this recreational slow-pitch league for adults (18+). Teams will play 1 or 2 nights a week throughout the mid summer. Teams can register starting March 5th with a \$100.00 team deposit, overall team fee \$TBA

captain's meeting will be on Wednesday April 13th, 6:30PM at Town Hall with completed rosters required. There is a limited # of teams and 70% of each team must be Shrewsbury residents. Any player that is not listed on the team roster will not be allowed to play. Multiple team registrations will not be accepted (no proxy's). Games will begin in May (exact date TBA).

Act#: 143130-A



Shrewsbury Parks & Recreation Spring 2005

Co-Ed Softball League

Come out and play in this recreational slow-pitch league for adults (18+). Games will be held on Friday nights from 6:30-9:30PM for 8 weeks. Teams can register starting March 5th with a \$100.00 team deposit, overall team fee \$TBA players signing up for the pickup team will be charged \$22 per person. A captain's meeting will be held on Wednesday April 13th, 7:30PM at the Town Hall with completed rosters required. There is a limited # of teams, with one team set aside for players without a team. All teams need to have at least 70% Shrewsbury residents. Team sponsors and uniforms are O.K. but not required. Any player that is not listed on the team roster will not be allowed to play. Multiple team registrations will not be accepted (no proxy's). Games will begin in May (exact date TBA).
Act#: 143130-B



Adult Tennis Lessons

Classes are held for beginner and intermediate adults. A beginner is one who is brand new to the sport, or who is relatively new and not yet playing in an actual game situation.

Intermediates are those who can play a proper game with service, volleys and scoring. Students will provide their own racquets for class. Balls are provided.

Ages: Adults **Loc:** Dean Park **Instructor:** Dan Kelly

Dates: Beginning week of 4/26-5/25 (5 weeks)

Beginner # 143010-A **Time:** 6:30-7:30PM

Day: Wednesdays **Fee:** \$30

Intermediate # 143010-B **Time:** 7:30-8:30PM

Day: Tuesday **Fee:** \$30

Intermediate # 143010-C **Time:** 7:30-8:30PM

Day: Wednesday **Fee:** \$30



Pilates

This class combines the core (back, abdominals and chest) for strengthening and stabilization. It is a full body stretching and strengthening experience for all levels of ability. Please bring a mat.

Beginners

143080-D **Time:** 5:45-6:30PM

Day: Tuesday **Res:** \$40 **Non-Res:** \$45

Ages: Adults & 15+ **Location:** Beal School

Dates: 3/29-5/31 (no 4/19 & 5/3) 8 classes

Ongoing (some previous experience)

143080-E **Time:** 6-7PM

Day: Thursday **Res:** \$40 **Non-Res:** \$45

Ages: Adults & 15+ **Location:** Beal School

Dates: 3/31-6/2 (no 4/21 & 5/5) 8 classes

Adult Golf Lessons

Beginners **#143220-A**

Fee: \$94 **Time:** 6-7PM

Day: Monday **Dates:** 5/9-6/13

Loc: Indian Meadow CC

Intermediate **#143220-B**

Day: Monday **Dates:** 5/9-6/13

Fee: \$105 **Time:** 7-8PM

Loc: Indian Meadow Country Club

Clubs are available and there will be one rain date if necessary. Please contact Dick Naas with any questions at 508-836-2668.



Intermediate Yoga (previous experience)

An eclectic class drawing from several styles of yoga including willful holding of postures (Kripalu, Iyengar) and flowing movement (vinyasa - commonly known as power yoga).

Techniques will be offered for breathing practices and mindfulness. Please bring a mat to class.

Ages: Adults & 15+

Instructor: D Zeutas-Broer

143080-B **Day:** Tuesday **Loc:** Beal School

Time: 6:35-7:35PM **Res:** \$48 **Non-Res:** \$53

Dates: 3/29-5/31 (no 4/19 & 5/3) 8 classes

143080-C **Day:** Thursday **Loc:** Beal School

Time: 7:10-8:10PM **Res:** \$48 **Non-Res:** \$53

Dates: 3/31-6/2 (no 4/21 & 5/5) 8 classes



Total Fitness

Strength, flexibility, balance and improved bone density - get it all in one effective and fun class. This class will include low impact (kick it up a notch, if you choose) a mix of Latin dance, aerobics with cool, doable moves and some cardio-kickbox moves for core strengthening (abs, back, chest) and balance. Please wear supportive, athletic shoes, bring water and prepare to have a good time.

143090-A **Time:** 6-6:45PM

Res: \$24 **Non-Res:** \$29

Days: Monday **Loc:** Beal School

Dates: 4/4-6/6 (no 4/18 & 5/30) 8 classes

Ages: Adults & 15+ **Instructor:** D Zeutas-Broer

